

Key Elements of Effective Parenting Programs

The following guidelines are recommended by the Center for Substance Abuse Prevention (CSAP) as key elements of effective parenting programs focusing on alcohol, tobacco, and other drug (ATOD) prevention.

1. Knowledge of the Target Population

Base the program or prevention effort on a clear understanding and definition of the populations and groups to be influenced. Give careful consideration to their cultures, value systems, and likelihood of responsiveness to the effort.

2. Clarity and Realism of Expected Results

Focus the program or prevention effort on specific, realistic goals.

3. Supported Research Based Evidence of Potential Effectiveness

When available, gather and use reliable evidence of effectiveness based on experience from comparable programs to select and guide the program or prevention effort.

4. Conceptual Soundness

Use a logical conceptual framework to connect the program or prevention effort with its intended results and ultimately with the overall goal of reducing substance abuse.

5. Inclusive Participation

Include in the program or prevention effort activities that secure and maintain buy-in of key decision makers and leaders as well as of those organizations and individuals who directly or indirectly will be responsible for implementing the program or effort.

6. System Integration

Design and implement the program or prevention effort to build on and, in turn, support related prevention efforts.

7. Appropriate Structuring of the Effort

Carry out the program or prevention effort through activities consistent with the availability of personnel, resources, and realistic opportunities for implementation.

8. Appropriateness of Timing, Intensity, and Duration

Time the program or prevention effort so that implementation coincides with a period of peak community concern OR the target population's readiness for the change intended.

9. Attention to Quality of Delivery

Design and implement the program or prevention effort for the highest possible quality in each step of its execution.

10. Commitment to Evaluation and Effort Refinement

Pay adequate attention to monitoring, and process and outcome evaluation in order to measure success of the effort in producing desired results.

Adapted from *Parenting IS Prevention Training of Trainers*, Participant Guide, Module 3. Resources for effective parenting for ATOD prevention programs: SAMHSA's National Clearinghouse for Alcohol and Drug Information, 1-800-729-6686, <http://www.health.org> and <http://www.samhsa.gov/centers/csap/modelprograms>.

